COMMUNITY

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EL CENTRAL
HISPANIC NEWS

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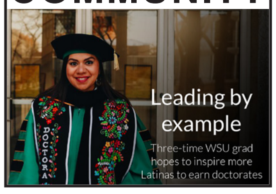
COMMUNITY



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¡Se festejó el Cinco de Mayo en el Suroeste de Detroit!

Por Alma Cruz
Presidenta del Comité Patriótico Mexicano de Metro Detroit

El Comité Patriótico Mexicano de Metro Detroit y sus voluntarios organizaron un fin de semana lleno de festejos tradicionales para celebrar el Cinco de Mayo con el tema "La Música, Nuestra Herencia".

Fue un fin de semana repleto de actividades, con muchas bandas musicales, camiones de comida y artesanos locales en la Fiesta de las calles 21st y Bagley, que contó con más de 40 vendedores y cientos de visitantes.

El Gran Final se llevó a cabo con un desfile por el corredor comercial W Vernor, que recibió a miles de espectadores a lo largo de las 2.4 millas, con más de 130 carrozas, automóviles y grupos de personas caminado en el desfile, ha sido la mayor participación de los últimos cinco años. Aunque la lluvia amenazó con empañar la jornada por la mañana, las nubes se abrieron y el sol brilló una vez iniciada la procesión a las 12 del mediodía.

El MPC tuvo el honor de recibir a Mauro Cruz y Frank Solís, como los Grandes Mariscales Homenajeados de este año; a quienes se unieron en el desfile el Vicegobernador Garlin Gilchrist, las Concejales de la Ciudad Gabriela Santiago-Romero y Mary Waters, la Reina del Concurso Miss México Alexandra Velasco y su Corte de Princesas.

No hubo informes de percances graves durante el desfile, por lo que los espectadores pudieron disfrutar de la música y el entretenimiento con su familia durante todo el evento. Consulte las páginas 8 y 9 para ver más fotos del desfile y la fiesta.

Southwest Detroit Celebrates Cinco de Mayo!

By Alma Cruz, President, Mexican Patriotic Committee of Metro Detroit

The Mexican Patriotic Committee of Metro Detroit and its volunteers organized a weekend full of traditional festivities to celebrate Cinco de Mayo with the theme "Music of Our Heritage".

It was a packed weekend in Southwest Detroit hosting many musical bands, food trucks and local artisans at the Fiesta on 21st & Bagley streets with over 40 vendors and hundreds of visitors to the grounds.

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Grand Marshall Honorees Mauro Cruz, left, and Frank Solis, right, preside over the 2023 Cinco de Mayo Parade with Ms. Silverado Dulcemaria Rios Tapia seated on her throne
Photo by: Robert Ramirez

CHASS Expands Mammography Screening Services

By Irma Maribel Andrade

On Monday May 8th, Community Health and Social Services (CHASS) Center, located in Southwest Detroit, cut the ribbon and officially celebrated the expansion of mammography services that will help ensure thousands of women in the metro Detroit community receive critical life-saving breast cancer screenings each year. As part of the ribbon cutting ceremony, CHASS Center Director Dr. Felix Valbuena Jr. welcomed Senator Debbie Stabenow, Congressman Shri Thanedar, Detroit Deputy Mayor Todd Bettison, community leaders, and community partners.

There is a brand new state of the art three-dimensional mammography machine in use at CHASS. The Center is following the same screening guidelines as Henry Ford Health and suggests women begin yearly mammography screenings at age fifty, or at the age of forty if there is a history of breast cancer in the family.

"This is about bringing hope to women. With a five-minute screening, they can get information about whether or not they need to get some kind of treatment for breast cancer. We know the number one killer of women of color is breast cancer and so this is an opportunity to find out early. It is not a death sentence. It is about hope and an important screening that can help to save lives," said Senator Debbie Stabenow.

This new mammography machine with the sliced tomosynthesis images helps prevent unnecessary callbacks. This technology makes it so doctors can see more in one screening.

"Now we are able to provide the service for the mammogram screening here and it would be the exact same if they were going to the Henry Ford Cancer Institute. It is the same machine, the same radiologists, it's just being done here in the community." said Dr. Valbuena.

It took two years to raise the funds to buy the mammography machine, to get support

Pictured left to right: Carmensita Buentello, Vice Chair, CHASS Board of Directors; Denise Brooks Williams, CEO of Hospital and Ambulatory Operations, Henry Ford Health; U.S. Senator Debbie Stabenow; Felix Valbuena, Jr. MD, CEO CHASS Center; Congressman Shri Thanedar and Deputy Mayor Todd Bettison, City of Detroit. Photo by Irma Maribel Andrade

from Henry Ford Health, and to work through all the state certifications. Thanks to a $40,000 grant from the Empowerment Foundation, and other donations CHASS has been providing critical life-saving mammogram exams since February 20, 2023.

On the first day, the mammogram machine was used on thirteen women. CHASS has a referral coordinator who focuses on coordinating services around breast cancer screenings.

"Patients prefer to come to CHASS. It is more convenient for them, especially for patients who don't drive and who only speak Spanish," said Lucia Gonzalez. Lucia works at CHASS and helps to schedule insured and uninsured patients for their mammography screening.

Cancer does not discriminate

"A Nation as rich as ours, there is no reason why any person within our country should have to worry about going bankrupt with a healthcare crisis", said Congressman Shri Thanedar. CHASS is located in his district and he has been part of the Michigan delegation advocating for universal healthcare. "Regardless of what zip code people live in, people must receive quality healthcare. I believe it is a fundamental human right," he added.

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LA SED: Celebrating 58 Years of Community Service

Congratulations to LA SED for an other successful Recognition Luncheon held Thursday, May 4th at the MGM Grand Detroit. Attended by over 400 people, the luncheon is a wonderful way to celebrate community members that have made an impact in our Southwest Detroit community. This year's keynote speaker was Laura Grannemann, Executive Director of Rocket Community Fund and the Gilbert Family Foundation, who said "We need to choose everyday to believe in a better future and work together to make a new reality." LA SED, and the community they serve, work together toward that vision of a brighter future.

This year's awardees were:

Juanita Hernandez, Board of Directors Award, recognizing her 50+ years on the LA SED Board of Directors

Dominga Solis, Senior Citizen of the Year

Shelzy Lupercio-Cervantes, Youth of the Year Award

Special recognition was given to Edith Colon, who retired from LA SED last year after 47 years of service !

Mary Carmen Munoz, LA SED Executive Director and Jane Garcia, LA SED Board Vice Chair and Luncheon Committee Chair

Youth of the Year Shelzy Lupercio-Cervanetes with Mary Carmen Munoz, LA SED Executive Director and Antonia Moravito, Coordinator, Education Services, LA SED

LA SED artwork created by Dr. Jose Cuello

Board of Director of the Year Junanita Hernandez (center) with (from left) Jane Garcia, LA SED Board Vice Chair and Luncheon Committee Chair, Mary Carmen Munoz and Michael Hernandez

Retired LA SED employee Edith Colon, center, with Mary Carmen Munoz and Jane Garcia

From left: Emcee Rico Razo, Director, Bridging Neighborhoods, City of Detroit; Keynote Speaker Laura Grannemann, Executive Director Rocket Community Fund, Mary Carmen Munoz and Jane Garcia

WSU Alumna and Employee Vanessa Reynolds Inspires Other Latinas to Academic Achievement

Reprinted from Today@Wayne

Undergraduate admissions counselor Vanessa Reynolds ‘03, ‘07, ‘23 and her family moved to the United States when she was 11. She said the transition was difficult.

“I didn't know English,” she said. “I attended St. Stephen's, a Catholic school in southwest Detroit that didn't have bilingual education. There was a staff member — I don't even think she was a teacher — there who was Mexican American. They asked her if she would help me, so she would pull me from class a few hours every day, and that is how I learned English. I will forever be grateful to Anita.”

Learning to speak English was not the only adjustment Reynolds and her family had to make.

“We lived in a very small town in Mexico, and Detroit was a big city,” she said. “Mexico was warm, and we moved in January, right in the middle of winter. In Mexico, we attended school in the afternoon, and here, we started at eight in the morning.”

Reynolds knew she wanted to go to college, but she was not sure what university she should choose. During her senior year at Western International High School in Detroit, Juan Jose Martinez — a former counselor from Wayne State’s Center for Latino/a and Latin American Studies and now principal at Cesar Chavez Academy — visited the school.

“When I heard about the center, I was impressed,” she said. “I decided I wanted to start out in a small community and then branch out into the university. That was one of the best decisions I have ever made. I don't think I would be here without the center.”

When Reynolds realized she needed a graduate degree to advance in her career, she earned a master’s in educational leadership from Wayne State in 2007. She decided to pursue a doctorate in educational leadership and policy studies to continue her professional advancement and to increase the number of Latinas achieving doctoral degrees.

“Earning a doctorate was not one of my goals,” she said. “However, while serving on university hiring committees, I noticed that many of the individuals applying for administrative jobs had doctoral degrees. If I decide to make that transition, I want to be ready.”

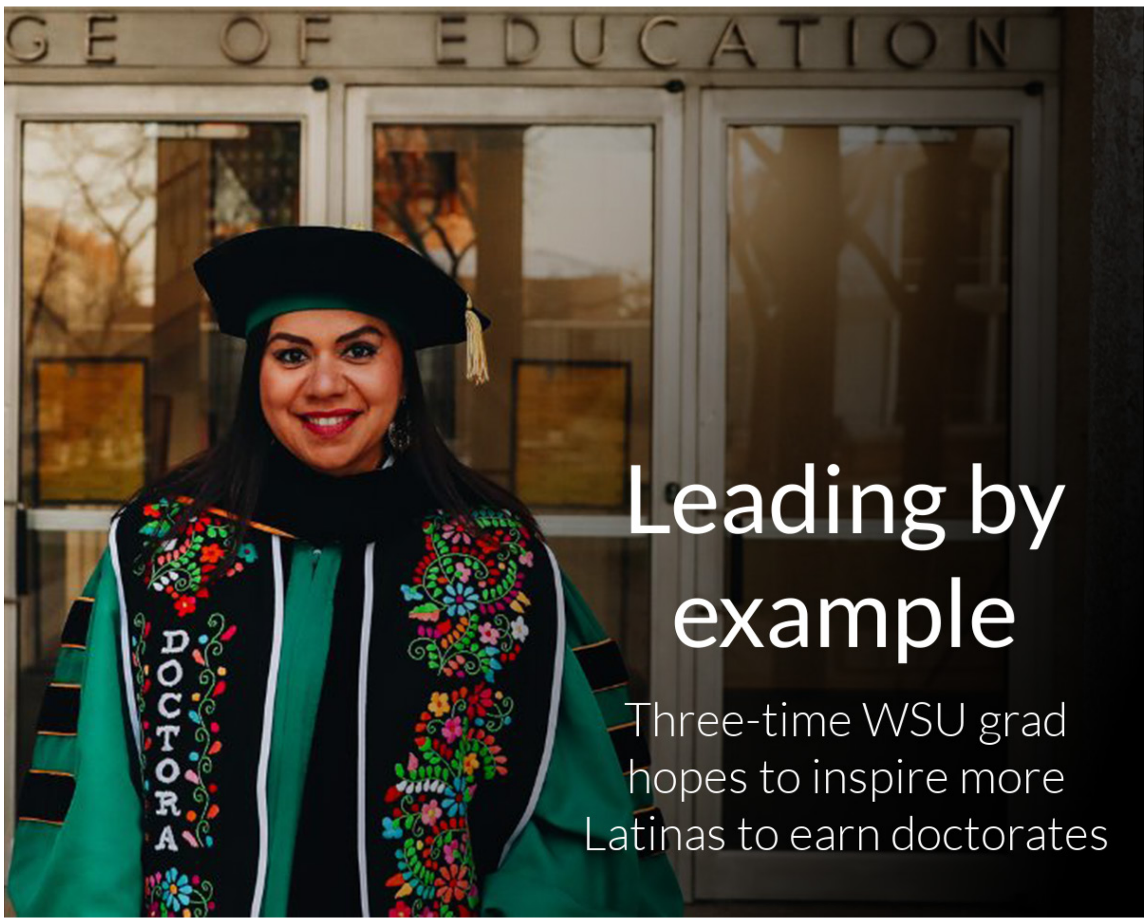
An active member of the university community, Reynolds is a member of the Diversity, Equity and Inclusion (DEI) Council and the past chair of the Latinx Faculty and Staff Association.

“The association is growing,” she said. "I'm very proud to be a member. We host numerous events and collaborate with other affinity groups across the university to provide support and resources for our Latinx faculty, staff and students and individuals from other historically marginalized groups.”

Reynolds is also involved in the community. She is co-chair of Advocates for Latino Student Advancement in Michigan Education, a nonprofit that promotes the importance of higher education to Latino students throughout the state, awards scholarships to students and hosts an annual conference. As a new member of MANA de Metro Detroit, she is excited to mentor young Latinas.

Reynolds recently received two awards as a testament to her service and commitment: the WSU Academic Staff Professional Development Committee’s Professional Achievement Award and the Hispanic/Latino Commission of Michigan’s Honorary Tribute Award.

Reynolds hopes she has set a good example for her siblings and is proud of their collective accomplishments. They have all attended college, earning four bachelor’s, three master’s, and now, one doctorate. One of her sisters — who is also a Wayne State graduate — is pursuing an



education specialist certificate while serving as principal at an elementary school. Reynolds said her parents played a pivotal role in their success.

“Even though my parents didn't go to college, they made sure that we had access to all the resources we needed,” she said. “I always felt supported.”

Reynolds said her dissertation, “The Testimonios of Latina Higher Education Leaders at Four-Year Predominantly White Institutions in Michigan,” is the first study exploring experiences of Latina non-academic administrators in higher education in the state and one of the hardest things she has ever done. She managed to complete it while working full-time and being a devoted wife and mother.

“My daughter is a cheerleader, one of my sons plays football, and the other one plays baseball and basketball,” she said. “It was difficult getting them back and forth to school, practices and games, but I would take my books and read. My husband and I are a team, so we navigated it all together. My kids were also supportive. It was hard work and a huge commitment, but I wanted to finish, so I persisted.”

Reynolds named her research participants after and dedicated her dissertation to 10 women — including her grandmother, mother and aunt — who were inspirational and instrumental to her growth and development.

“My aunt passed away in January,” she said. “I went to Mexico for the funeral, and I took my research so I could write while I was there. I got a lot done. She was sending me good vibes.”

According to Reynolds, support from faculty was also integral to her success.

"My chair, Dr. Carolyn Shields, was amazing,” she said. “She took me under her wing and made herself available to me. Her feedback was extremely helpful. Dr. William Hill reminded me that I was trying to graduate — not solve the world’s problems. Dr. Sandra Gonzales was wonderful. The fact that she's also Latina and could relate to what I was writing in my dissertation and that I could reach out to her was extremely helpful. Representation matters.”

According to Hispanic Outlook on Education, Hispanic and Latino students represent about 17% of doctoral students. Reynolds hopes earning her degree and shedding light on the doctoral experiences of other Latinas will increase this number.

“Knowing few Latinos earn advanced degrees should motivate others to attend graduate school,” she said. “My research participants are examples of what we can accomplish. I want to show the future generation of Latinas — especially my daughter, nieces and goddaughter — that with hard work and perseverance, they can accomplish anything.”

Cinco de Mayo

Con’t from pg. 1

The Grand Finale was the parade down the W Vernor commercial corridor hosting thousands of spectators along the 2.4 Mile procession and over 130 Parade floats, cars, and walking groups -- the most participation seen in the last five years. Although the rain threatened to dampen the day in the morning, the clouds opened up and the sun shined once the procession began at 12noon.

The MPC was honored to host Mauro Cruz and Frank Solis as this year’s Grand Marshall Honorees; who were joined in the procession by Lt. Governor Garlin Gilchrist, City Council Members Gabriela Santiago-Romero and Mary Waters, the Miss Mexico Pageant Queen Alexandra Velasco and her Court of Princesses.

There were no reports of serious mishaps in or around the procession, so the spectators were safe to enjoy the music and entertainment with their family throughout the event. Please turn to pages 8 and 9 for more photos of the parade and fiesta.

Detroit launches Dead, Dangerous, and Diseased Tree Program

The City of Detroit recently announces the launch of the Dead, Dangerous, and Diseased Tree program, which will allow residents to report trees on their private property they feel need to be trimmed or removed. If the trees qualify, they will be trimmed or removed, with no charge to the resident.

The program will be funded with up to $8.3 million, $5 million from the FY 22-23 budget surplus and an additional $3.3 million allocated in the FY 23-24 budget, both approved by City Council.

While the City has always been responsible for maintaining the trees between the sidewalk and streets, some residents require financial help to handle the dead, damaged, or diseased trees on their private property.

“As Detroit's tax base continues to recover thanks to our ongoing job growth, we are always going to look for opportunities to add new services that are impactful for Detroiters who stayed,” explained Mayor Mike Duggan. “This program will help give some of our most vulnerable residents peace of mind and I'm grateful to Council President Pro Tem Tate for his leadership."

Officials say the safety of residents was the city's first consideration when creating the new program.

How will the program work:

If a resident believes they have a dead, dangerous, or diseased tree on their private property, they can call (313)-224-4444 or go to the Department of Neighborhoods website and submit a request. After the request is processed, a tree inspector will evaluate the tree to see if it is indeed dead, dangerous, or diseased. If it qualifies, the city will schedule a contractor to come out and do the trimming or removal. We expect to begin the actual trimming/removal this summer.

“This program will prioritize the most vulnerable Detroiters – our seniors, differently abled, and low income households – but all should apply," Pro Tem Tate added. "My colleagues joined me in adding additional funds for this program when we

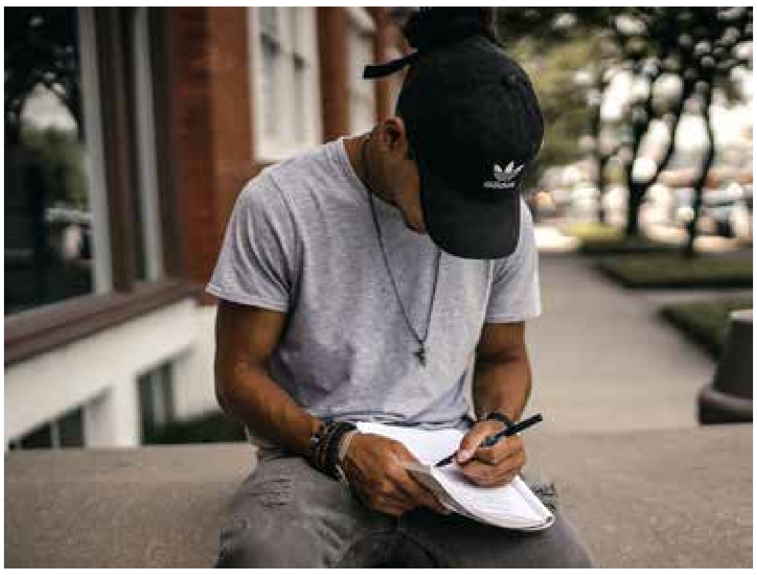
approved the city FY23-24 budget. This is an $8.3 million program, and we want to help as many Detroiters as a possible."

"Our priority is to focus on the health and safety of our residents, and we will address the most dangerous trees first - while also prioritizing our senior and disabled residents," Harris emphasized.

SPECIAL WORLD'S CULTURES

AI In Modernity

Artificial Intelligence And The Modern World



In 1998, the British Heavy Metal musical group, Iron Maiden, released the album entitled Virtual XI, which began with the song Futureal, which spoke of the possibility that a technology could manipulate the way of interpreting reality that would make the subjects wonder: what could be real? what could be heard as true? And what of what was seen could be interpreted as true?

Twenty-five years later, at the beginning of this year, an Artificial Intelligence program became popular on the internet by generating a series of images in which Pope Francis appeared wearing a jacket styled by rap stars. The photographs that, due to their quality and realism, were initially taken as true, an issue that is not without interest, because the Pope is considered a link between the tangible and measurable world, and the world of the supraterrestrial; So the fact that he can be falsified by artificial intelligence leaves a huge number of Catholic parishioners in a very vulnerable position, affecting his reality, built based on those symbols of religious authority. In other words, it could even feel like a challenge to the belief systems of a part of humanity.

The appearance of Artificial Intelligence such as the GPT-4 technology, which is surely no more than the first of many similar applications released by Google and its competitors in the market, can distort the way we perceive the world and even modify the relationship that has the human being with reality, its technology and other aspects of its immaterial as with the divine, questioning in turn the role of writers, researchers, illustrators, among others.

However, no matter how much potential AI may have to construct answers to questions, sometimes complex ones, due to its algorithm engines that enable it to anticipate answers very effectively in the short term, it lacks the possibility of innovation that only human beings, and even animals, can have, that is, not following a task mechanically but breaking patterns and thus reaching unexpected results, different from those already predetermined.

Perhaps one of the core issues in this type of work, which will surely continue to be the main contribution

of researchers in the near future, will be the increasing use of multidisciplinary tools, for example, in the field of History of Religions, multidisciplinary field par excellence in which studies of theology, phenomenology, history and philology are usually combined, as the Catalan theologian Lluís Duch rightly pointed out, who did an extensive study on the history of the History of Religions, showing the constant progress of this branch of the Social Sciences from monodiscipline to multidiscipline.

Moreover, it can be seen that as the decades have passed, a more complex and refined multidisciplinary study has been made, with cooperative work not only between various Social Sciences and Humanities, as in the past cases mentioned in history and philology, but also that also with Natural Sciences such as Biology, an appreciable case in works from the last part of the 20th

century and the first decades of the 21st century, as can be seen with the work of the German historian of religions, Walter Burkert, who dedicated a large part of his life to the analysis of myth, ritual and religion, focusing on studies that combined philology, historiography and sociobiology, as can be seen in his work: The Creation of the Sacred. The trace of biology in ancient religions (1996).

Now, as a result of the above, we realize that a goal for social scientists will be to create better channels of communication with experts in other areas, as has been done for some years in the History of Religions. What should prevail in the future is cooperative work between two or more researchers, no longer just one that takes the tools of other epistemologies, but rather a multidisciplinary group working together to reach common goals, something that goes beyond possibilities. of AI like GPT-4.

This is one of the new possible routes for the Social Sciences and the Humanities, in their immediate future, focusing on the ability to generate innovation and novelty in research, since technologies, such as GPT-4, correlate information, but are not capable of inferring or deducing the data at their disposal. The issue is not a disdain for the artificial, as has been done since antiquity where the non-natural has been considered inferior and even morally despicable in contrast to the natural, considered God's creation, but the human capacity, of social scientists and Other content creators must generate to stay current in a changing world with technologies that may make some of their functions irrelevant.

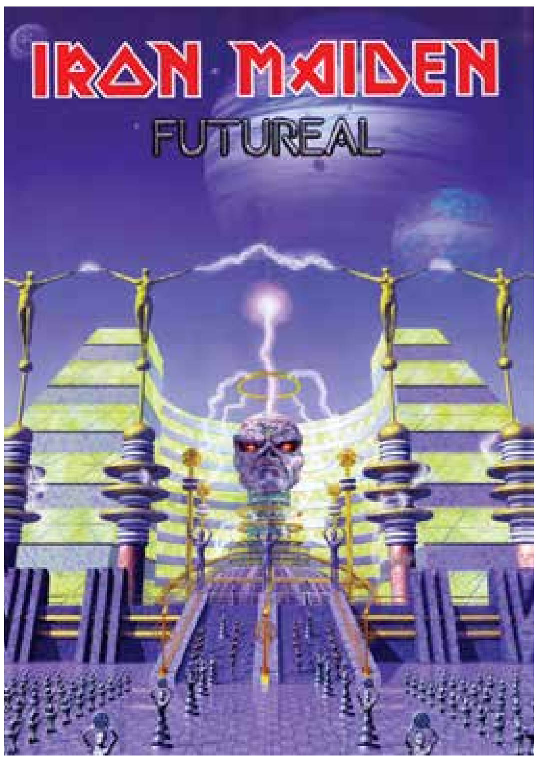
Víctor Manuel Bañuelos Aquino

Diles que lo viste en *EL CENTRAL* Tell them you saw it in *EL CENTRAL*

ESPECIAL CULTURAS DEL MUNDO
La IA en la modernidad

La Inteligencia Artificial y el mundo moderno

En el año 1998, la agrupación musical británica de Heavy Metal, Iron Maiden, sacó al mercado el álbum titulado Virtual XI, mismo que iniciaba con el tema Futureal, el cual hablaba de la posibilidad de que una tecnología pudiera manipular tan a grandes rasgos la manera de interpretar la realidad que hiciera que los sujetos se preguntarán ¿qué podía ser real? ¿qué se podía escuchar como cierto? y ¿qué de lo que se veía podía ser interpretado como verdadero?



Veinticinco años después, a inicios de este año, un programa de Inteligencia Artificial se popularizó en internet al generar una serie de imágenes en las cuales aparecía el Papa Francisco utilizando una chamarra a la usanza de las estrellas de rap. Las fotografías que por su calidad y realismo fueron en un inicio tomadas como verdaderas, cuestión que no deja de ser interesante, porque el Papa es considerado como un nexo entre el mundo tangible y medible, y el mundo de lo supraterrenal; de manera que el hecho de que pueda ser falseado por una inteligencia artificial deja en una posición muy vulnerable a una enorme cantidad de feligreses católicos afectando su realidad, construida con base en esos símbolos de autoridad religiosa. Es más, bajo otros términos, podría incluso sentirse como un desafío hacia los sistemas de creencias de una parte de la humanidad.

La aparición de una Inteligencia Artificial como la tecnología GPT-4, que seguramente no es más que la primera de muchas aplicaciones similares sacadas por Google y sus competidores en el mercado, puede falsear la manera de percibir el mundo e incluso modificar la relación que tiene el ser humano con la realidad, su tecnología y otros aspectos de su inmateriales como con lo divino, cuestionando a su vez el rol de escritores, investigadores, ilustradores, entre otros.

FALSA
Esta imagen es falsa, creada con Inteligencia Artificial

Sin embargo, por más potencial que pueda tener la IA para construir respuestas a preguntas, en ocasiones complejas, por sus motores de algoritmos que la posibilitan para anticipar respuestas de un modo muy efectivo en el corto plazo, carece de la posibilidad de innovación que sólo los seres humanos, e incluso los animales, pueden tener, es decir, de no seguir una tarea de manera mecánica sino de romper patrones y llegar de ese modo a resultados inesperados, diferentes a los ya predeterminados.

VERDADERA
Papa Francisco en Roma

Quizá una de las cuestiones medulares en este tipo de trabajo, que seguramente seguirá siendo el principal aporte de los investigadores en un futuro cercano, será la cada vez mayor utilización de herramientas multidisciplinarias, por ejemplo, en el ámbito de la Historia de las Religiones, campo multidisciplinario por antonomasia en el que suelen conjuntarse estudios de teología, fenomenología, historia y filología, como bien apuntaba el teólogo catalán Lluís Duch, quien hizo un amplio estudio sobre la historia de la Historia de las Religiones, mostrando el paso constante de esta rama de las Ciencias Sociales de la monodisciplina a la multidisciplina.

Más aún, se aprecia que conforme han transcurrido las décadas se ha hecho un estudio multidisciplinario más complejo y afinado, habiendo un trabajo cooperativo ya no solamente entre diversas Ciencias Sociales y Humanidades, como en los pasados casos mencionados de la historia y la filología, sino que también con las Ciencias Naturales como la Biología, caso apreciable en obras de la última parte del siglo XX y las primeras décadas del siglo XXI, como se observa con la obra del historiador de las religiones alemán, Walter Burkert, quien dedicó gran parte de su vida al análisis del mito, el rito y la religión centrándose en estudios que combinaban la filología, la historiografía y la sociobiología, como se aprecia en su obra: La creación de lo sagrado. La huella de la biología en las religiones antiguas (1996).

Ahora bien, a raíz de lo antes expuesto nos damos cuenta de que una meta para los científicos sociales será crear mejores canales de comunicación con expertos en otras áreas como se viene haciendo desde hace algunos años en la Historia de las Religiones. Lo que debe primar en el futuro es el trabajo cooperativo entre dos o más investigadores, ya no bien de uno solo que tome las herramientas de otras epistemologías, sino que un grupo multidisciplinario trabaje en conjunto para llegar a metas comunes, algo que rebasa las posibilidades de IA como GPT-4.

Esta es una de las nuevas rutas posibles para las Ciencias Sociales y las Humanidades, en su futuro inmediato, centrándose en la capacidad de generar innovación y novedad en las investigaciones, ya que las tecnologías, como GPT-4, correlacionan información, más no son capaces de inferir o deducir los datos que tienen a su disposición. La cuestión no es un desdén por lo artificial, como se ha hecho desde la antigüedad donde lo no natural ha sido considerado inferior y hasta moralmente despreciable en contraposición con lo natural, considerado creación de dios, sino la capacidad humana, de los científicos sociales y otros creadores de contenido, deberán generar para mantenerse vigentes en un mundo cambiante con tecnologías que pueden hacer poco relevantes algunas de sus funciones.

Víctor Manuel Bañuelos Aquino

Espera nuestro Especial Semanal
CULTURAS LATINOAMERICANAS,
by Mariana Ayón RV

Maria Ross, Quiet Mentor and Teacher

December 17, 1955 - April 22, 2023

Maria Ross, a committed educator recently passed at the age of 67. A well-known but quiet and unassuming educator she had been a fixture within Detroit school systems for a number of decades. For most of that period she worked with the Detroit Public Schools, a significant portion at the Acosta Center which hosted services for the district's migrant education program. More recently she worked at Escuela Avancemos a Detroit charter school serving primarily immigrant children and their families. Early in her youth she was a musician as part of her family band Los Barrosos, a staple within our community.

In a quick review of Facebook and the Voran Funeral Home online site, many mourners commented on her kindness and caring. Often referred to as a key figure in their teaching careers and/or through her church activities. A number referred to her as a tireless bilingual education advocate and professional mentor. She was instrumental in training many bilingual education teachers and paraprofessionals. At her May 5th funeral the priest stated she loved her catechism students and they in turn loved her. She will be missed.

Mammography Screening Services

Con't from pg. 1

According to the American Cancer Society, about 1 in 8 of U.S. women are going to develop invasive breast cancer in the course of their lives. Breast cancer is the second most common cancer among women in our country. Many of our mothers, grandmothers, sisters, and friends could still be here with us had they received access to quality health screenings earlier. Many of us are fortunate to celebrate these women this May because they received critical life-saving screening. Due to advances in screening measures, doctors are able to use mammograms to detect early signs of breast cancer.

"CHASS is in its fifty-third year of existence, and what we are trying to do is meet all of the needs of the community. A very important need is preventive care, like mammograms for breast cancer," said Dr. Valbuena.

Early mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Unfortunately, not all women have access to the life-saving screening. The goal of CHASS is to have resources, equipment and technology available to continue providing the most advanced care for their patients.

Congressman Thanedar related a personal story at the ceremony. "I lost my sister to breast cancer. This is really special to me because CHASS is making mammography screening available to women at no cost. CHASS doesn't ask for your social security number, insurance- regardless of these things, the service is available. I think about her every day and early detection is the key," he said.

A model of community care

CHASS has provided services to residents of Southwest Detroit since 1970. They strive to meet the community's need for access to affordable, quality health and wellness care. CHASS relies on the generosity of donors, investors, and partners to be able to deliver linguistically and culturally proficient care to patients.

"In a center delivering care to a community where seventy percent of patients walking in prefer that we communicate in Spanish it is offensive to not have patient facing staff that cannot communicate with them," said Dr. Valbuena. "The technicians doing the mammography exam do not speak Spanish but we have community health workers who are helping the patient during care."

May is Women's Health month. As we get ready to celebrate our Mamás y Abuelas, (and ourselves) Let's take a moment to empower one another to receive critical life-saving breast cancer screenings.

"In the City of Detroit, people understand the importance of a mammogram screening but the ability to do it can be a problem. Fortunately, at CHASS we have been able to make a connection with our patients and within the community to create trust. Now we have eliminated another step, where patients no longer have to go somewhere else to get the mammogram," said Richard Bryce, Chief Medical Officer at CHASS.

The mortality rate for breast cancer is higher for Latinas, Black and Native American women. Part of the challenge is access to the critical life-saving technology. Mammography exams are critical screenings that can detect breast changes years before you might notice any symptoms. This can help find breast cancer in its early stages, when it's easier to treat. This is why it's so important to get them done. Mammograms save lives. Decades of research show that women who are screened regularly are more likely to find their breast cancer early. Mammography screenings make these women less likely to need aggressive cancer treatment and more likely to be cured.

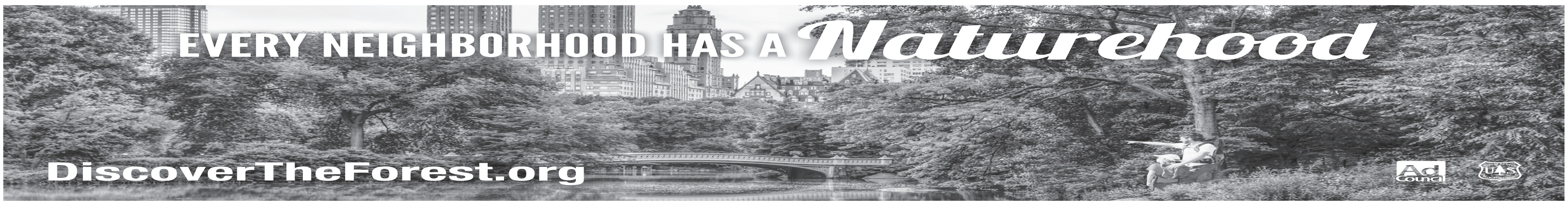
"Our goal at CHASS is to not be the best kept secret," said Dr. Valbuena. Community health centers like CHASS provide the model for primary healthcare for the nation. They are in every state and in every US territory and collectively care for more than thirty million people.

CHASS is always accepting new patients, offers a full spectrum of ongoing services including primary and preventative health care, as well as dental and behavioral health services for individuals of all ages.

The Center accepts patients of all ages and insurance status from uninsured to insured, including Medicaid and Medicare.

Irma Maribel Andrade is a born and raised Detroiter; she is passionate about "lifting others as you climb". She is a daughter of immigrants from San Luis Potosi, Mexico and a first generation college graduate from UM-Ann Arbor currently pursuing a Masters in Social Work. When she is not studying, Irma spends her time gardening, crafting, advocating for social justice and being wife & mom of two.

Pictured left to right: Denise Brooks Williams, CEO of Hospital and Ambulatory Operations, Henry Ford Health; U.S. Senator Debbie Stabenow; Congressman Shri Thanedar and Deputy Mayor Todd Bettison, City of Detroit. Photo courtesy CHASS Center



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Fiesta Detroit: Celebrating Cinco de Mayo in Style

Photos and article by Alejandro Ugalde

On Saturday, May 7, Somos Culture Creators and Fiesta Vibes hosted the memorable Fiesta Detroit at El Club, in honor of Cinco de Mayo. The event showcased the Latinx community's richness in Detroit, featuring young emerging artists from the city, cultural performances, community organizations, and International Bigtime Wrestling. Attendees indulged in scrumptious traditional Mexican cuisine prepared by Mama's Kitchen.

Fiesta Detroit fostered unity and celebration, providing an immersive experience that left a lasting impression. This one-day event not only entertained but also highlighted the importance of cultural appreciation and togetherness within the community.

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Parade photos by: Alejandro Ugalde - Kopalli Media, and Adam J. Dewey, Fiesta photos by Bill Deuparo

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Tigers Sweep Mets !!!

EL CENTRAL HISPANIC NEWS SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Last week, the Detroit Tigers hosted the New York Mets. The New York Mets have two former Detroit Tiger pitchers, Max Scherzer and Justin Verlander.

The Detroit Tigers were able to defeat their former teammates, and the Tigers have won 6 of the last 7 games (as of Tuesday afternoon, before the Guardians game).

The Detroit Tigers are on the road, until this Friday, May 12th.

The Tigers host the Seattle Mariners Friday, May 12th through Sunday, May 14th, then host the Pittsburgh Pirates, Tuesday, May 16th and Wednesday, May 17th, before going back on the road.

Photos by: Mike Alberts/ EL CENTRAL

Photos below are highlights from the Detroit Tigers and New York Mets series

New York Mets pitcher Justin Verlander (former Detroit Tiger and Houston Astro pitcher), returns to Comerica Park for his first start of the season, in the Mets dugout during the game. Verlander pitched 5.0 innings, 5 hits, 2 errors, 1 base on balls, and 5 strikeouts during the game, on Thursday, May 4th

New York Mets pitcher Max Scherzer (former Detroit Tiger pitcher), pitching against the Detroit Tigers. Scherzer pitched 3.1 innings, 8 hits, 6 errors, 1 base on balls, and 3 strikeouts during the game, on Wednesday, May 3rd

Detroit Tigers C #13 Eric Haase scores against the New York Mets and received a standing ovation from the crowd at Comerica Park

Detroit Tigers LF #60 Akil Badoo at bat during the series. Badoo had 4 at bats, 1 run and 1 hit, during the game, on Wednesday, May 3rd

Detroit Tigers #39 Zach McKinstry scores on Detroit Tigers sacrifice play

Detroit Tigers DH #77 Andy Ibáñez at bat, against the New York Mets

EL CENTRAL HISPANIC NEWS SPORTS **Pateando la No. 5**

An Encouraging Point

David Levine
EL CENTRAL

After failing to score in seven straight league games, Trevor James, Detroit City FC, and over 5,000 fans at Keyworth last Saturday would have taken a goal from anyone against FC Tulsa. After ten minutes, Le Rouge got their bolt from the blue, a goal from an unlikely source. From an innocuous throw-in on the right wing, a quick combination opened up a gap in the visitors' midfield. Abdoulaye Diop surged forward and ripped a right-footed shot that swerved and dipped away from goalkeeper Michael Nelson into the lower corner of the goal.

Finally, the Northern Guard had something to celebrate. They opened the multi-colored smoke canisters and roared their approval for one of the very few times so far in 2023. The team had a lead at home in the league for the first time this year. DCFC had started the game well and carried the play for the next fifteen minutes or so, dominating midfield possession and keeping Tulsa penned in their own half for long stretches.

Unfortunately, City couldn't capitalize on their dominance and add to their lead. That may be a step too far for the team at this point in the season, but one they will have to take soon as they remain outside the playoff positions, second from bottom in the Eastern Conference. An injury to Brett Levis forced Tulsa to change their midfield. On came former US youth international Blaine Ferri. That galvanized Tulsa and the tide turned for the remainder of the half. Ferri hit the post shortly after his arrival to the right of Nate Steinwascher and then Marcus Epps hit the other post with a curling shot that left the DCFC goalkeeper stranded and well-beaten. As the pressure mounted approaching halftime, Tulsa got their equalizer thanks to a careless arm raised by Michael Bryant. A corner floated in and was headed against his arm, resulting in a penalty kick. Dario Suarez sent Steinwascher the wrong way to level the score.

There were no further goals in the second half, but each team had some decent spells. Tulsa pushed City deep into defense after winger Rhys Williams received his second yellow card in the 83rd minutes. Williams charged down a back pass, but timed his challenge on the goalkeeper poorly. He headed towards the exit before the referee had the card out of his pocket. That put a dim light on an otherwise improved performance. Steinwascher did have to make to comfortable saves late, having already provided his regular miraculous work earlier in the second half.

On Saturday, Le Rouge will travel down to Tampa to complete the home and away series with the Rowdies. Williams will be suspended due to his red card. The team went into the Tulsa game without midfield stalwart Maxi Rodriguez, who did not appear on the roster. Tommy McCabe joined Diop in the engine room and did a lot of defensive work, while Diop pushed further forward. In another interesting move, James pulled the ineffective Ben Morris and paired Yazeed Mathews and Skage Simonsen for almost thirty minutes of the second half. It wasn't awful, but didn't generate any serious chances. They combined well in the buildup, but there wasn't enough end product. Williams had whipped in a number of dangerous looking crosses prior to his departure and had a right to ask why none of the forwards worked to get across the front of a defender and attack the near post.

While the DCFC men travel to Florida this weekend, the DCFC women will open their 2023 season at home at Keyworth against Flint City AFC, an affiliate of the Flint City Bucks. The USL W League is similar to USL League Two in that is a pre-professional league featuring primarily college-eligible players with multiple divisions spread across the country. DCFC has brought in some players who have finished their college careers and have professional experience. Syd Blomquist played for DCFC in 2020, but has had a nomadic career since then with clubs in Brazil, France, and Norway prior to returning to Detroit this year. Meyeh Romeo has been capped by Trinidad and Tobago, bringing a different kind of experience from the rest of the team. David Dwaihy, a founder and former DCFC player, will be hoping that the core of returning players from last year will find their chemistry quickly. Saturday's first opponents have already played a league game and thumped AFC Ann Arbor 5-1 last weekend. The team's DCFC's women will play in the Great Lakes division during the regular season are all in Michigan, except for the Cleveland Force.

Panthers Lose to Showboats 10-29

Photos by: Adam J. Dewey

Michigan Panthers announcer Big E (WWE wrestler) and Panthers mascot "Pablo" join fans during the game. Big E will return to Ford Field, for WWE Summerslam on August 5th

Michigan Panthers QB #12 Josh Love gets ready to throw a TD to Panthers WR #8 Joe Walker

Michigan Panthers defense gang tackle Memphis Showboats player

Michigan Panthers RB #3 Reggie Corbin, making a play against the Memphis Showboats

EDITORIAL OPINION

La militarización de la frontera no resolverá la crisis humanitaria

Por José López Zamorano
Para La Red Hispana

La frontera entre Estados Unidos y México enfrenta sin duda una crisis migratoria y una tragedia humanitaria. Es el resultado de un complejo conjunto de circunstancias:

La incapacidad de México, Guatemala, Honduras y El Salvador para resolver problemas endémicos de inseguridad y falta de oportunidades.

La profundización antidemocrática y empeoramiento económico en Venezuela, Cuba, Nicaragua, así como la extrema pobreza lacerante en Haití.

La disfuncionalidad de la clase política de Estados Unidos para confrontar su dilema migratorio y su traición a los principios como una nación de migrantes.

Tiene razón la administración del presidente Joe Biden cuando habla de la necesidad de un enfoque integral: expandir las rutas legales para los migrantes; entender la migración como un problema regional que requiere colaboración internacional; atacar las causas de raíz de la pobreza y la violencia que empujan a las personas a una odisea letal.

Pero a ese rompecabezas, que será más complicado resolver con la decisión de poner fin al Título 42 en las actuales circunstancias, le hace falta una iniciativa de gran calado para la reforma del sistema de asilo, que le permita a Estados Unidos cumplir digna, honrosamente con sus principios fundacionales como un refugio para los perseguidos.

Por eso es incomprensible la decisión del presidente Biden de desplegar 1,500 soldados adicionales a la frontera, al igual que la no menos desatinada acción del gobernador Gregg Abbot de secundar, con su propio contingente de la Guardia Nacional de Texas.

Cuando la Casa Blanca defiende el despliegue de tropas bajo el argumento de que todos los presidentes lo han hecho desde 2006, sólo confirma la incapacidad de la élite política para resolver un grave problema estructural.

Cuando Abbot encomienda a los soldados “interceptar, repeler y hacer retroceder a los migrantes que intentan entrar ilegalmente a Texas”, reafirma su vergonzoso enfoque xenofóbico.

Como observa correctamente el senador de Nueva Jersey Bob Menéndez, el despliegue de personal militar sólo promueve la idea errónea de que los migrantes son una amenaza que requiere de tropas para ser contenida.

La Casa Blanca dice estar preparada para administrar la oleada de migrantes a partir del 12 de mayo y confía en el pacto con México para aceptar hasta 30,000 venezolanos, cubanos, nicaragüenses y haitianos.

Se trata de una prueba de fuego para el presidente Joe Biden, quien prometió restablecer el compromiso de Estados Unidos como un país que brinda la bienvenida a los migrantes, no que los criminaliza. Algunas de sus acciones parecen sin embargo menos alineadas con esa promesa y más con el enfoque policiaco de la era Trump.

Los migrantes, sin distinción de su origen o el color de su piel, deben ser recibidos con respeto, solidaridad y dignidad, no con la punta de un rifle de asalto.

Opinions in this column are not necessarily those of the Publisher or Editor

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Salud/*Health*

Brilliant Ways to Fight Allergens This Season

(StatePoint) During allergy season, having a safe haven from the triggers that make you sneeze and wheeze is essential. While you can't completely control your surroundings in the great outdoors, you can take steps at home to reduce allergens and feel your best.

• **Fresh, cool air:** The right air conditioning unit can help you breathe better indoors. For example, the Midea U delivers a cold airflow that can be felt up to 20 feet away and features full DC inverter technology to rapidly cool a room. Its removable and washable air filter is easily cleaned to help reduce dust and pet allergens in the air. And thanks to its U-shaped design, you can easily open and close your windows even when the unit is installed, giving you more control of your indoor air quality and environment. Bonus -- it's compatible with Alexa and Google Assistant and is Energy Star-certified and ultra-quiet.

• **Smart steps:** When you get home from spending time outdoors, take off outer layers that have made contact with pollen, such as jackets and shoes. Having a mud room or other area to remove and store these items, preferably attached to or close to your laundry room, will help you avoid tracking and spreading allergens throughout your home.

• **Screened doors and windows:** Even if you suffer from allergies, you may enjoy throwing open your windows on a nice day for a cross breeze. Just be sure all the screens on your windows and doors are in good condition and free of tears and holes. Special pollen-blocking screens are easy to install and go a step further than standard insect screens to keep out smaller, particulate matter, including pollen, dust and other small irritants and allergens.

• **Whole-home cleaning:** Regular vacuuming will make a world of difference in the way you feel. For maximum relief, use a vacuum with complete seal HEPA filtration. This means it's EPA-certified to do the job, based on the standard test method, which indicates it can trap 99.9% of dust,

dander and allergen particles 0.3 microns and larger. The Innova Upright Vacuum, for example, targets these particles and facilitates whole-home cleaning. Thanks to its detachable accessories and components, and LED user interface, you can optimize your cleaning for every surface, including hard floor, carpet and upholstery, curtains, the space under furniture and stairs. And if you're a pet parent, you can expect a deeper, more efficient clean and longer operation due to its dual-action brush roll that actively prevents pet hair tangles and clogs from forming while concentrating air flow. It also has a motorized anti-tangle pet tool that effectively removes hair and debris from stairs and upholstery.

There is no need to suffer in your own home this season. With some smart strategies and the right tools, you can keep allergens at bay indoors.

Sintonice su salud con estas 5 ideas musicales

(American Heart Association News) -- Desde los primeros momentos de la vida hasta sus últimas etapas, la música puede ayudarnos a ser más sanos y felices. Puede calmar y vigorizar, mejorar la salud mental e incluso ayudar a alguien a mantenerse vivo.

"Se aprecia mucho el valor que puede aportar la música, y que no es farmacológico ni invasivo", afirma Daniel Tague, profesor adjunto y presidente de musicoterapia de la Southern Methodist University de Dallas. "Como musicoterapeutas, también estamos muy implicados en el proceso terapéutico".

Nancy Uscher, decana de la Facultad de Bellas Artes de la Universidad de Nevada, en Las Vegas, dijo que cada vez más investigaciones demuestran que las artes, "además de aportar alegría y satisfacción, pueden tener realmente un valor social. La salud es una parte importante de ello".

Muchos estudios científicos han subrayado el poder de la música. Por citar sólo algunos ejemplos: puede ayudar al desarrollo del cerebro de bebés nacidos prematuramente, reducir el estrés y reforzar el sistema inmunitario, aliviar el dolor, mejorar las sesiones de ejercicio y ayudar en el tratamiento de personas con enfermedad de Alzheimer. Un estudio sugiere incluso que la música adecuada podría ayudarnos a comer menos comida rápida.

Sin embargo, no hace falta una pila de revistas médicas, una cita con un especialista, o una complicada receta para poner la música al servicio de la salud. Pruebe estas cinco ideas sólidas para musicalizar su vida.

Prepare una lista con canciones de ritmo animado

Trátese de una sesión de ejercicio, de trabajar en el jardín o de correr un maratón, la música de ritmo vigoroso que le gusta puede ayudar a que el tiempo pase, a distraer la sensación de fatiga e incluso a aumentar la intensidad por adaptar el esfuerzo al ritmo.

"Todas las personas son diferentes", dijo Tague. "Es difícil recomendar algo en general, así que seleccione algo que le guste".

Prepare una lista con ritmos más lentos

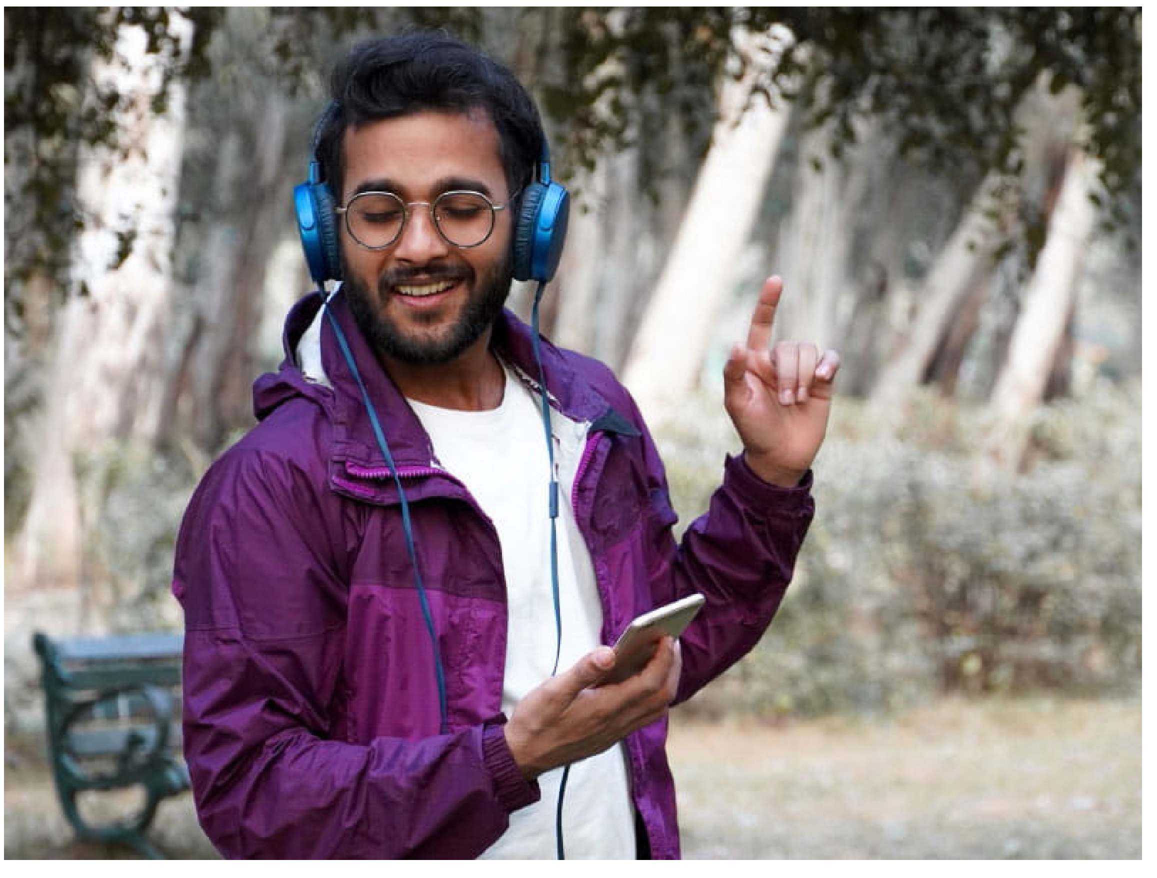
La música adecuada también puede bajar el tono, reducir el estrés, preparar el sueño o simplemente cambiar el estado de ánimo general.

"He dado conciertos en cárceles y hospitales", dice Uscher, concertista de violín que se ha presentado en todo el mundo. "Veo cómo la música puede afectar a las personas y mejorar sus vidas, incluso a las que están en la miseria".

Tague dijo que la música relajante puede ser incluso más eficaz "cuando se combina con otros métodos de relajación, como ejercicios de respiración, atención plena o imaginación".

No solo escuche, toque algo

"La otra cara de la moneda es crear música directamente", dijo Tague. "Ya sea tocar el piano o una guitarra, siendo parte de un coro o de un círculo comunitario de tambores.



Son actividades que pueden ayudar mucho a la gente, sobre todo a las personas mayores que necesitan interacción social".

Uscher incluso comentó que nunca es demasiado tarde. "He enseñado a gente que nunca había tocado un instrumento", dijo. "Pueden avanzar muy rápidamente porque se concentran mucho".

No permita que la pandemia lo desaliente

El aislamiento y la depresión que muchas personas han sufrido en la época de COVID-19 son una razón más para incorporar la música en la vida, dijo Tague.

"Todas esas cosas pueden abordarse con música", agregó. "Ahora hacemos bastante musicoterapia por sesiones de telesalud, deja de ser necesario acudir a una clínica y tiene mucho éxito".

Además, si la gente se queda en casa, dijo Tague, "se puede hacer que la familia o los cuidadores formen parte de la experiencia musical, y ahora la gente está mucho más familiarizada con el uso de Zoom y otras aplicaciones. Es una nueva frontera en evolución, y en ciertos aspectos puede ser mejor".

Repase la canción de 'Stayin' Alive'

No utilice la música sólo para su salud. El ritmo del éxito de los Bee Gees que se hizo famoso por la película "Fiebre del sábado por la noche", corresponde a la cadencia ideal de 100 a 120 pulsaciones por minuto para las compresiones torácicas de administrar RCP manual. De hecho, toda una serie de canciones que coinciden con esa cadencia han sido recopiladas en listas de reproducción que salvan vidas y que puede encontrar en las plataformas de streaming de música.

Entonces, si tararea la pieza mientras aprende a empujar fuerte y rápido en el centro del pecho, estará en condiciones de hacer realidad el título de la canción durante una emergencia cardíaca real.

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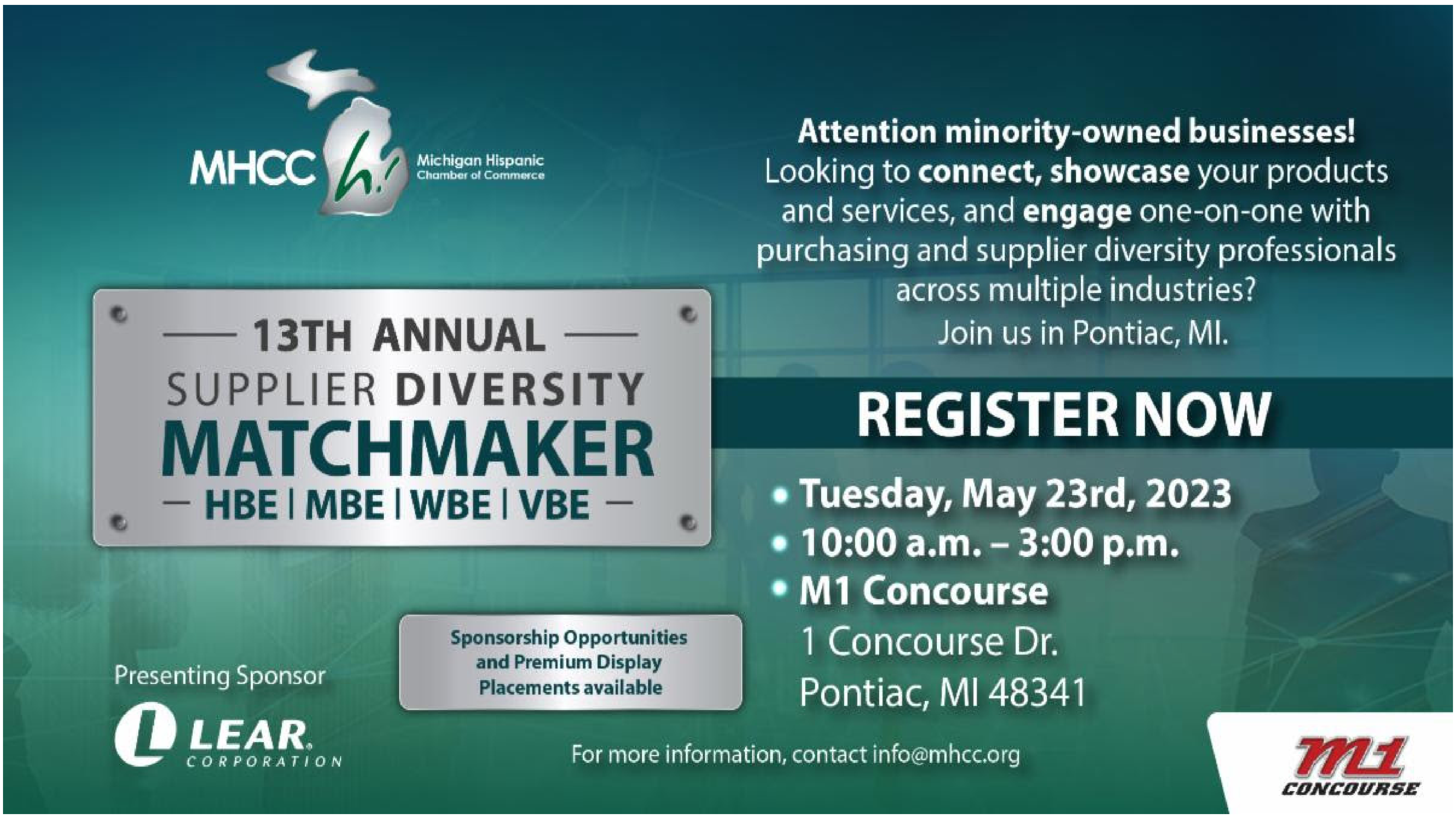

Ofrecemos a la comunidad más maneras de avanzar

Siempre buscamos la manera de apoyar las decisiones de las personas en las comunidades a las que servimos. Por eso, Bank of America está agregando estaciones de carga para vehículos eléctricos en más de 90 centros financieros en todo el país. Además, apoyamos las decisiones de nuestros compañeros al ofrecerles reembolsos para empleados en vehículos eléctricos.

Me enorgullece ver los pasos que estamos dando en la comunidad de Detroit para ayudarles a alcanzar lo que es importante para ellos. Este esfuerzo se extiende a mis compañeros, ya que muchos han optado por participar en My Environment®, una de nuestras iniciativas de colaboración para empleados.

Matt Elliott
Presidente de Bank of America en Detroit

Vea todo lo que estamos haciendo en **bankofamerica.com/detroit** (solo se ofrece en inglés).

BANK OF AMERICA

¿Qué quiere lograr?®

Cuando utiliza la función QRC, cierta información de su dispositivo móvil se recopila con fines comerciales.

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